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## PROBLEM SOLVING FROM HIGHER STATES OF CONSCIOUSNESS

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If you've been following my blog posts at all, you may have noticed that I love to use meditation as a form of problem solving. I find it incredibly beneficial to take any existing problems I may be facing into higher states of consciousness to get a better perspective on them. For instance, when a problem is taken to Focus 12, I see it in a broader view so I can look for missing pieces or see how possible outcomes might be able to play out. In Focus 15, this perspective is amplified, and I can see the possible outcomes of how these problems may affect my life in a larger way. It helps me to see the bigger picture.

Taking a step back from a small problem and seeing it from such a distant point of view helps me to realize that most of the little daily problems I face really aren't that big of a deal. We tend to get caught up in small daily problems and make our lives more stressful than they need to be. With this added perspective, I can truly see that maybe a small disagreement at work doesn't matter in the grand scheme of my life.

Well, this past month I took **Starlines**, and I can tell you that this added a whole new perspective amplification to this process of mine, one that became so distant it helped me to see my life only by big-picture goals, on what I wanted my life dreams, accomplishments, and work to be, and it was such a refreshing and surreal perspective. I will say, I've been experiencing many problems throughout this year, some big, some not so big, and being able to add this additional element to my meditation exercises and problem-solving was really quite extraordinary. I wanted to walk you through a bit of what I learned to show you how powerful perspective can be as a tool.

Normally, as mentioned, I shift to Focus 12 and then Focus 15 to evaluate my problems. Sometimes, I even enjoy moving to Focus 27 to do this. However, with Starlines, you begin to see your perspective in this universe on a much grander scale. You can shift from seeing your place in the world to seeing just how tiny that world is on the scale of our solar system. Then you can see just how tiny that solar system is on the grand scheme of our galaxy, which is but a small dot in our super cluster which is a small dot

in the super cluster of *Lanikai*. All of a sudden, when presented with just how expansive the known universe really is (and thinking that's just a small part of all that is), you can shift your perspective so far out of the idea of what our world is that it can help to show you just how small your problems really are in the grand scheme of the Universe.

This thought actually comforts me quite a bit, because sometimes we can get lost in the anxiety of a problem and allow it to intimidate us. But when put it the grand scheme of the overall universe and how elaborate its flow is, it can be quite refreshing to realize that our problem isn't that big, that it's something we can take control of and tackle. It's important sometimes to see these problems as tiny so we don't allow them to control us, and this is the perfect opportunity to slip into a meditation and shift your perspective on a problem to see how small it may be.

I also find that when I take my problems into these higher states, I can instantly see them in a different light. And by seeing them in a different way, I can quickly and easily come up with new ways to face these problems and come up with new solutions for them. So, sometimes, if you're just caught and you can't see how to move past something, a perspective shift might be a good tool for you to do so. I encourage you to take your problems to any focus levels you may be aware of to try and see it in a different light. And whenever it seems just so daunting, perhaps, think about how small this problem is in the cog of our solar system. Shift out your perspective as much as you know how to see your problem in a different way and to help yourself gain the confidence to know that it's a surmountable feat.